

UPDATE

February is American Heart Month ***"Be an American Heartsaver!"***

When someone goes into cardiac arrest, it becomes a desperate race against the clock to save his or her life. Every minute counts. Tragically, each day in America several hundred cardiac arrest victims die before reaching the hospital. This February for American Heart Month 2000, the American Heart Association urges you to "Be an American Heartsaver! Know the warning signs of a heart attack. Call 9-1-1. Give CPR."

- ♥ **Know the warning signs of a heart attack and cardiac arrest in order to recognize an emergency when it occurs.**

Heart Attack Warning Signs

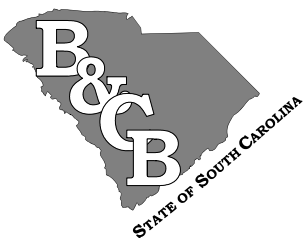
- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes.
- Pain spreading to the shoulder, neck or arms.
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

Cardiac Arrest Symptoms

- Person collapses and loses consciousness.
- He or she stops normal breathing and loses pulse and blood pressure.

- ♥ **Upon recognizing heart attack or cardiac arrest, call 9-1-1 immediately to access the EMS system.**
- ♥ **Give cardiopulmonary resuscitation (CPR) because it can help keep the victim alive until emergency help arrives.**

For more information, call the American Heart Association at 1-800-AHA-USA1 or visit their website at www.americanheart.org.



STATE HEALTH PLAN PREVENTION PARTNERS
South Carolina State Budget and Control Board
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